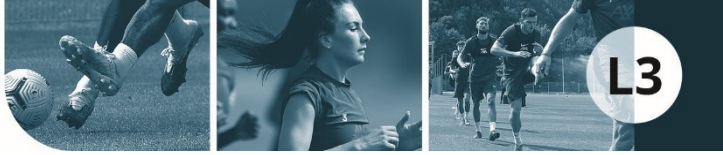


BTEC Assignment Brief

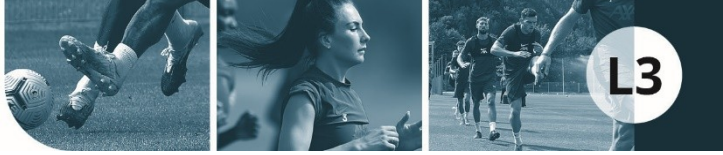
Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 25: Sport Injuries Management**
Learning aim	A Explore different types and causes of common sporting injuries and how they affect sports performers
Assignment title	A report detailing different types of sporting injuries
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have been allocated a work placement at a local athletics club to observe and support the physiotherapists at work. One of the physiotherapists asked you to write a report focussing on types of injuries, symptoms, associated mechanisms of injury and the physiological and psychological responses to injury. The report will be presented to young athletes to improve their understanding of common sports injuries.

Task 1	A report detailing the different types of sporting injuries that affect sports performers and the causes of the injuries. You can choose from two different injuries from the set theme, this can be from a realistic scenario or case study from a professional sports performer. You will need to provide an account explaining the relevant characteristics of the signs and symptoms of the sporting injuries that can affect the different types of commonly injured tissues and joints on the upper limb, lower limb, head and spine. This can include multiple injuries where sports performers have sustained impact to different part of the body, for example, a ruptured ligament and damaged cartilage, or a concussion and spinal injury. You need to explain the different grades and classifications of injuries where relevant and indicate why it is important to also consider the effects on surrounding tissues. You will justify common sporting injuries by providing detailed reasoning with supporting current evidence indicating the factors that can contribute to the physical and psychological effects on injured sports participants; they will go on to support this by citing current research. You will need to provide clear details of the body's

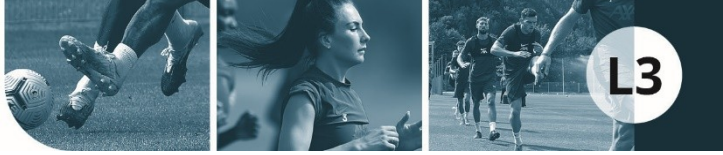
	responses to the identified different sporting injuries over varied timeframes, how the healing process and pain can affect sports participants there needs to be a clear link of the relationships of both physiological and psychological factors to injuries. Further consideration of the chosen injuries where longer rehabilitation time frames may be required should be addressed with clear reference to the healing process and psychological effects this can have on sports performers. The report should be split into four sections and contain the following information: **Section 1: Types of sporting injuries** • Hard tissue injury, bones, joints, articular cartilage • Soft tissue injuries • Tendinopathies, bursitis, plantar fasciitis, apophysitis, disc prolapse, Morton's neuroma, impingement syndromes • Concussion, head and face injuries, sudden cardiac arrest, compartment syndrome, dislocations, osteoarthritis, fibromyalgia **Section 2: Mechanisms of sports injuries** • Causes, traumatic, microtrauma, insidious, microtrauma, chronic, acute • Mechanisms of injury, force, speed, direction, • Head, vertebral column, shoulder joint and girdle, elbow, wrist and hand, hip, groin, knee, ankle and foot **Section 3: Physiological responses to injury** • Inflammatory responses, signs and symptoms • Primary injury, secondary metabolic injury, tissue responses to interventions, Lewis's hunting response • Time factors, the healing process and stages, changes **Section 4: Psychological responses to injury** • Response to injury • Nutritional demands and changes. • Financial aspects. • Response to treatment and rehabilitation • Self-esteem and identity loss
Checklist of evidence required	A report detailing different types of sporting injuries, covering the following areas: • Types of sports injuries • Mechanisms of sports injuries • Physiological responses to injury • Psychological responses to injury

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
A.P1	Explain common sporting injuries and how these may occur
A.P2	Explain the physiological responses to common sporting injuries



A.M1	Assess how different types of sporting injuries are affected by physiological responses
A.M2	Assess how different types of sporting injuries are affected by psychological responses
A.D1	Justify the factors that can cause common sporting injuries and affect rehabilitation

Sources of information to support you with this Assignment	**Textbooks** Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010) ISBN 9781846906510 Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541 Gledhill, A., et al. (2016), BTEC Nationals Sport Student Book 1, Pearson Education, ISBN 9781292134000 Gill W – Practical Guide to Sports First Aid (Lotus Publishing, 2004) ISBN 9780954318864 Shamus E – Sport Injury Prevention and Rehabilitation (McGraw-Hill Education, 2001) ISBN 9780071354752 **Journals** • American College of Sport Medicine's Health and Fitness • Journal of Sports Medicine British Medical • Journal Exercise and Sport Sciences Reviews International • Journal of Sports Science and Coaching • Journal of Athletic Training Medicine and Science in Sports and Exercise Peak Performance Research Quarterly for Exercise and Sport Sports Injury Bulletin **Websites** Coachwise www.1st4sport.com E-Podiatry www.epodiatry.com Peak Performance www.pponline.co.uk Sports Injury Clinic www.sportsinjuryclinic.net Top End Sports www.topendsports.com
Other assessment materials attached to this brief	



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